

Harwich Triathlon 2007 – Race Details.

Directions to the area:

Harwich and Dovercourt lie at the end of the A120 on the East Coast of Essex.

As you approach the area you will bypass a small village, Ramsey, situated on your left. There is a large windmill on the hill above the village, which is a good landmark.

At the Ramsey roundabout take the 3rd exit that takes you up a steep hill and past a church on your left. Continue down this road for about half a mile until you reach a mini-roundabout (The Devonshire Arms Pub is on your right). Turn right.

Shortly after you will encounter another mini-roundabout. Turn left into Low Road and continue down the hill.

Keep going for a mile or so until you observe two large oval lakes on your right. The car-park is immediately before the boating lakes.

Car parking:

The large overspill car-park will be open on the day or it is possible to park on public roads in the area. Marshals will be on hand to lend assistance if needed.

The main assembly and registration area is behind the swimming pool. Which is a large single storey building at the end of the access road.

Registration:

It will be possible to register from 14:30 onwards. Here you will be issued with race numbers and start times. Helmets will be inspected and race numbers applied to entrants.

Cycles can be stored in the racks provided. The area will be supervised and Essex police have kindly agreed to provide officers to police the event.

Please register as soon as possible as it will not be practical to register everyone in the last half hour.

I will address all entrants around 15:45 to explain race rules and answer any questions.

The first competitor will start the swim at 16:15.

The Swim:

The pool is 25m long and you will all have to swim 12 lengths (300m). It is possible to swim either front-crawl or breast-stroke. Back-stroke and butterfly is not allowed.

Each contestant will start in the water (NO DIVING ALLOWED). You must present yourself to the swim organiser in good time. You will be shown to your lane and be allowed to enter the water approximately 15 seconds before your start time.

The swim will be two lengths of each of the 6 lanes (one up, one down), after two lengths are completed you duck under the lane ropes and continue to progress through each of the 6 lanes in a 'snake' formation until the end of the swim.

A new swimmer will start every 30 seconds. You will swim with others of similar abilities so overtaking should be minimised. However, if a swimmer catches you up let them through the next time you reach an end of the pool. The overtaking swimmer should lightly touch the feet of a swimmer in front to indicate that they wish to overtake.

Exit the pool at a fast walking pace using the non-slip blue mat provided. (DO NOT RUN WHILST WITHIN THE SWIMMING POOL BUILDING).

Proceed to transition to collect your cycle.

The cycle:

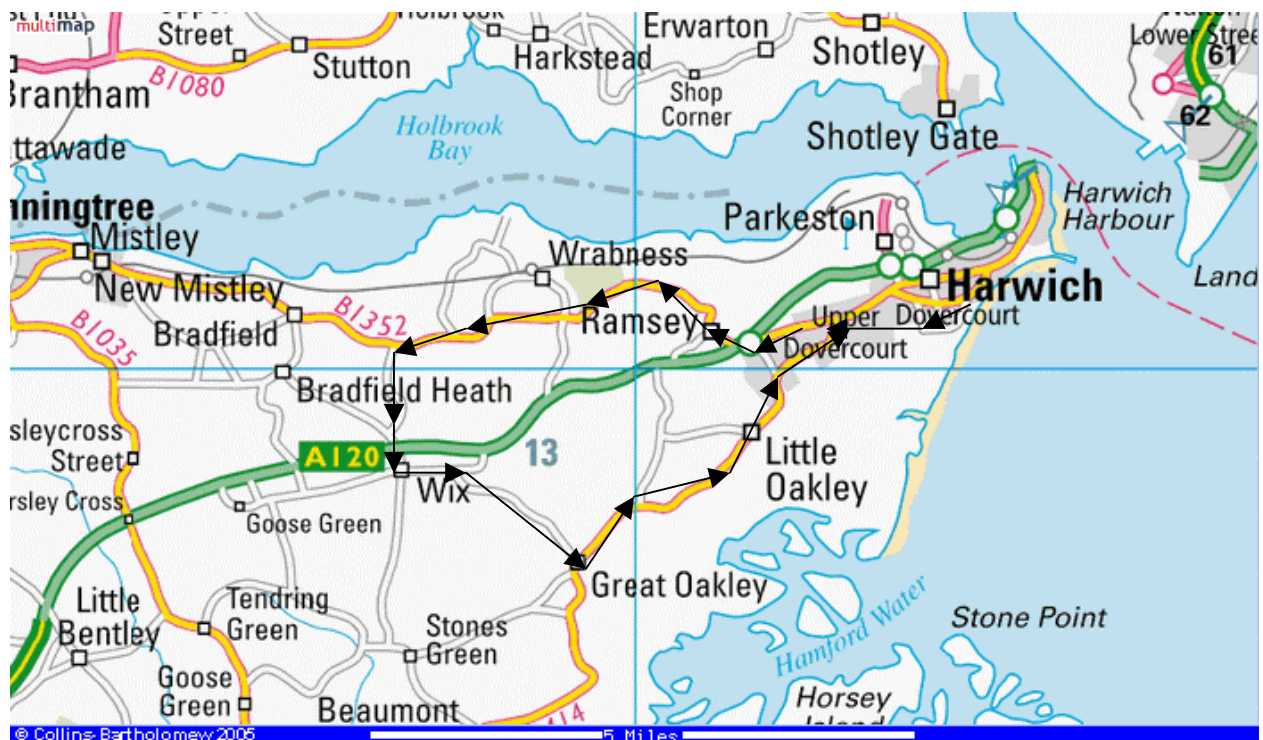
Don your helmet before uncracking your bike.

You must walk/run with your bike through the car-park until you reach the road.

Once on the road mount (a marshal will be on hand to indicate mount and dismount position) and follow the cycle route detailed below.

The Route: (One Lap). **Total Distance: 24.4kms**

Exit transition (marshal 1). Cross the car park (pushing cycle whilst running alongside) to the central exit point (marshal 2). Mount cycle when on Low Road. Head left along Low Road. Follow this road to the top to the hill (marshals 3&14). Turn right at the mini-roundabout towards Tolgate. (marshal 4). Turn left at the Devonshire Arms pub. Along the Main Road to the Ramsey junction with the A120. (marshals 5&6). Cross this busy junction with care!! Into Ramsey, bear right at the junction near the Ramsey Castle pub (marshal 7). Continue along the road towards Bradfield (B1352). Bypass Wrabness at the crossroads; continue on towards the left turn at Spinnals Farm (marshal 8). Turn left and head south towards Wix (marshal 10). Pass under the A120, and then turn left at Wix crossroads (marshal 11). At the war memorial, branch off right towards Great Oakley (Oakley Road) (marshal 12). Turn left at Great Oakley School (marshal 13) onto the B1414 and return to the top of Low Road via Little Oakley. At the mini-roundabout at the top to Low Road turn right (marshal 3&14) and retrace route to the transition area (marshal 2&1).



Dismount at the entrance to the car-park and run alongside your cycle into transition. Prepare for the run.

The Run: (Different from last year)

The course will start at the exit from the transition area. The runners will head towards Earlhams (south), by running alongside the fenced area for the sports pitch. Then runners will leave the rugby clubhouse (large brick building) to their left.

Turn left and head towards the promenade. This route will be taped to indicate the correct direction.

Once on the promenade follow the Harwich Running Clubs new 5k route, along the promenade. Keep the sea directly on your right. You will pass the disused fortifications on your left as you head towards the conspicuous stone breakwater. Do not go onto the breakwater, instead turn sharp left at the base of the structure. Head towards old Harwich.

Once you regain the public road, turn sharp left (marshalled) and head up a small rise towards Dovercourt Park. At the entrance to the park (marshalled) follow the route marked through the public park. Once you leave the park you will be directed back towards the sea-front down a short, but steep slope (marshalled).

Retrace the outward route, keeping to the right side of the promenade to avoid runners on the outward leg of the run course.

Finish with a run along the sea-front. The finish is about 300m past the disused lighthouse.

The route is almost identical to that run during the Harwich Running Club's 5k series. If you wish to practice the course, see the Harwich Runners website for details and dates of the 5k races during spring and early summer 2007.



Refunds:

If due to injury or any other cause it is not possible to compete in the Triathlon then a partial refunds can be made.

Up to 1st June a refund of £15 will be possible on application to the race organiser. After this date I am afraid no refunds can be made as catering arrangements will have been put in place and costs involved in setting up the event. However, please notify the race organiser if you are unable to race so that arrangements can be adjusted to the running of the event.

Practice Night:

Last year I organised a practice night about a week before the event. We cycled the route of the triathlon (different paces for different abilities). Then covered the run course, again in ability groups.

For those that had the time and energy the Harwich Swimming Club kindly allowed people to attend their Masters training night (21:00 ~22:00) after the bike and run.

I made no charge for this training night, except £3 to those who wished to stay for the swim.

I hope to be able to repeat the exercise again, but it will depend on myself and others being available to meet everyone. There will be details on the websites close to race day of any training / familiarisation nights.

Prizes:

There will be awards made to the top 3 people (male and female) and prizes for age group winners. Only one prize per person.

Last year everyone received a certificate that completed the event (100% finished), I hope to be able to repeat this in 2007.

After Race Celebrations:

Included in your entry fee is the cost of providing a post-race meal. I hope everyone will stay for the food and prize-giving, which will occur soon after the last athlete completes the course.

Should non-contestants (husbands, wives, partners, etc.) wish to book a meal then they must inform me by email or post at least two weeks before the event. There will be a charge of £6 for additional meals.

If you are vegetarian please indicate the fact on your entry form so that a suitable meal can be provided for you.

Race Information and Updates:

There will be information posted on the websites as it becomes available. I hope to have a list of entrants and details of any training on offer from either the Harwich Running Club, Harwich, Dovercourt and & Parkeston Swimming Club or by any individual.

Finally, good luck with the training and preparation and I look forward to seeing you all on race day.

Dennis Warner

Race Organiser